

# TRARALGON HARRIERS

*Est. 1967*

## FORTNIGHTLY NEWSLETTER

25 September 2025 - Volume 58 - Issue 19

### THURSDAY RUN

#### **This Week's Course**

Waterhole Creek Morwell  
6km and Club Dinner  
Italian Club

#### *Duty*

Sandra Birkbeck &  
Kylie Murray

#### *Marker*

Lauren P

#### **Week 2/10**

Rangeview Drv 5km

#### *Duty*

Sarah McKie &  
Claire Macumber

#### *Marker*

Jason O

#### **Week 9/10**

Scales Rd

#### *Duty*

Martin Lynch &  
Lee Graham

#### *Marker*

Sav M



**Shane Wilson is all smiles after conquering the  
100km Surf Coast Century**

**Read his inspiring story [here](#)**

# President's Message

**Thursday 25 September 2025**

As we near the end of the winter season, I want to take a moment to sincerely thank everyone for your ongoing support, energy, and enthusiasm. Harriers is built on participation, whether that means running or walking each week, volunteering, or encouraging others to give running a go. Each contribution – big or small – helps keep our club strong, supportive, and welcoming to all!

**After the Waterhole Creek 6km this week, we gathered for our monthly club dinner** at the Italian Australian Club in Morwell. Held on the last Thursday of each month, our club dinners are a fantastic opportunity to socialise and enjoy a meal with fellow Harriers. If you haven't been along to a club dinner before, I encourage you to come and join us for a relaxed and fun evening.

In this edition you'll find the near-final **Summer Run Calendar**. Please take a moment to check through it and note your allocated duty or course marking roles. These small commitments make a huge difference in ensuring our Thursday night runs go smoothly. We still have a couple of course marking gaps to fill, so if you're able to lend a hand please see myself or Vice President Desley. Each member is only asked to do this once per season. It's a small way to give back and helps keep our runs safe and well organised.

A final reminder about our annual **Harriers Memorial Run on Sunday 5 October** at the Toongabbie Golf Club. This is always a significant event on our calendar – a time to come together, reflect, and run for an important cause. Two distances will be offered, 12km and 6km, making it accessible for everyone.

To save time on the day, you can **pre-register at [forms.office.com/r/RQpGj4eH7W](https://forms.office.com/r/RQpGj4eH7W)**. On arrival, **simply check in and pay**. A minimum \$20 donation (cash or EFTPOS) will be collected, with funds going to Lifeline Gippsland, supporting their vital work in raising awareness around

mental health and suicide prevention. It's a cause that touches so many lives, and I encourage everyone to show their support by joining us on the day.

Finally, as you flick through this edition, you'll come across a number of fantastic stories about our members' recent running journeys. Whether it's marathons, ultra-marathons, new PBs, or first-time race completions, it's wonderful to see the breadth of achievements across our club each week. These stories remind us that running isn't just about speed or distance – it's about personal growth, resilience, and enjoyment. Whether you're a walker, a casual runner, or training for your next big event, Harriers is here to support you in reaching your goals while having fun and staying connected.

Thank you once again for making Harriers such a special community.

Wishing you all the best,  
Sep

**Giuseppe Marino**  
**President**  
**Traralgon Harriers Athletic Club**

## IMPORTANT Harriers Dates

**Memorial Run (New location at the Toongabbie Golf Club)** (Race Director: Phill Mayer)

**5 October**

Registrations now open at:

[forms.office.com/r/RQpGj4eH7W](https://forms.office.com/r/RQpGj4eH7W)

**King & Queen of the Mountain**  
**7 December**

**Harriers Christmas Run and End of Year Awards Night (Venue TBC)**  
**Thursday 11 December**

**Martin Thompson Boolarra Run** (Race Directors: Tobi Grzmil and Danelle Wright)  
**15 March 2026 TBC**

## Duty Roster Winter 2025

**REMEMBER:** If you can't fulfil your allocated duty, the onus is on you to swap with someone.

### MAY

~~1 Chesney Podmore & Helen Whitby~~  
~~8 Adrian Sutcliffe & Peter Sanders~~  
~~15 Greg Semmler & Yani Cornthwaite~~  
~~22 Kathy Quinn & Michelle Colwell~~  
~~29 Daryl Cross & Des Dalton~~

### JUNE

~~5 Gary Fox & Karen Graham~~  
~~12 Ree Graham & David Hood~~  
~~19 Collette Hofmann & Liz Kenney~~  
~~26 Angelo Gaudiano & Kathleen Kent~~

### JULY

~~3 Dave Mann & Owen Notting~~  
~~10 Sam Riddle & Paul Smith~~  
~~17 Shane Wilson & Tania Whitehead~~  
~~24 Kim Imperial & Mandy Ellis~~  
~~31 Rebecca Anderson & Rickie Glover~~

### AUGUST

~~7 Bjorn Luxmann & Emma Marino~~  
~~14 Daniel Furmston & Courtney Ellis~~  
~~21 Angeline Snell & Daniel Symons~~  
~~28 Glenn Graham & Rose Croft~~

### SEPTEMBER

~~4 Shay Lorenz & Matilda Lappin~~  
~~11 Timothy Graham & Lynda Jones~~  
~~18 Nick Hodson & Emma Marino~~  
~~25 Sandra Birkbeck & Kylie Murray~~

### OCTOBER

~~2 Sarah McKie & Claire Macumber~~

### New member?

[Click here](#) to find out all you need to know about getting involved with our Thursday night runs.

### News or thoughts to share?

Email through to Glenn Crawford at

[glenn@bcsaccountants.com.au](mailto:glenn@bcsaccountants.com.au)



# **Traralgon Harriers Memorial Run**

## **Sunday October 5th**

**12k & 6k - Both Events Start at 9:30**

**Pre-Enter here <https://forms.office.com/r/RQpGj4eH7W>**

**or on the day from 8:30 - \$20 Minimum Donation**

**Non-Members & Walkers Welcome**

**NEW LOCATION - Toongabbie Golf Club, Main Street Toongabbie**

*Funds raised go to Lifeline Gippsland  
to support their invaluable work  
raising awareness for mental health  
and suicide prevention*

**Presentations & Morning Tea  
after the event**



# Important Dates & Duties

REMEMBER: If you can't fulfil your allocated duty, it is your responsibility to swap with someone.

## Thursday Start Times

Group 1 – before 5.50pm  
Group 2 – 5.50pm  
Group 3 – 6.00pm  
Group 4 – 6.05pm  
Group 5 – 6.10pm

#	DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY
ALL RUNNERS MUST WEAR A REFLECTIVE VEST						
25	Thurs 25 Sep	Waterhole Creek Morwell	6 km	Club Dinner Italian Club	Lauren P	Sandra Birkbeck & Kylie Murray
26	Thurs 2 October	Rangeview Drive	5 km		Jason O	Sarah McKie & Claire Macumber
SUMMER SEASON COMMENCES!						

DATE	COURSE	DISTANCE	COMMENT	MARKER	DUTY
5 Oct 2025	Memorial Run - Toongabbie			Phill	
9 Oct 2025	Scales Road	5km		Sav Mavrofridis	Kristine Sapkin & Lee Graham
12 Oct 2025	Melbourne Marathon				
16 Oct 2025	Crinigan Road Bushland Reserve	6 km			Shane Gavin & Ryan McLeod
23 Oct 2025	All Occasions Winery-Burnets Rd, Traralgon East	5 km	Club Dinner - All Occasions Winery	Molly	Ian Cornthwaite & Adam Riddle
30 Oct 2025	Trip & Treat on Kay St No tricks, just trips (and a little treat at the end)	5 km	Halloween Theme	Desley	Stacey Podmore & Aaron More
1 - 4 Nov 2025	4 Peaks				
6 Nov 2025	Railway Reserve Traralgon	6 km	Committee Meeting-TBC	Jason Odum	Pete Saunders & Kristina Creighton
13 Nov 2025	Edward Hunter Reserve Moe	6 km & 12 km	Carol & Barry Summersgill Cross Country Championships	Sep, Miles V, Ron V & Gary Fox	Tim Graham & Ryan Hon
20 Nov 2025	Kay Street Church TGN - MWL Bike Path	5 km			Kimberly Imperial & Adam van Baalen
27 Nov 2025	Cochranes Road	6 km	Club Dinner-Crown Hotel Traralgon	Bec Anderson	Andrew Greenhil & Anja Norwood
4 Dec 2025	Churchill - Lake Hyland	6 km		Mandy	Vicky Atkins & Catherine Leonard
7 Dec 2025	King & Queen of The Mountain	30 km	Individual   Team 2   Team 4	Ron V	
11 Dec 2025	Club Rooms / Oval	Games	Xmas Bash	Committee	
18 Dec 2025	From Netball Courts Traralgon	7 km	Xmas Lights Run - NON-POINTS RUN	Desley, Marieka, Sep	
25 Dec 2025	Summer Break				
1 Jan 2026					
8 Jan 2026					
11 Jan 2026	Two Bays Trail Run Dromana				



15 Jan 2026	Gelato Gallop Traralgon	5 km	Augustus Ice Creamery	Ron V	Scott Syme & Lauren Peter
22 Jan 2026	<b>Traralgon South Trundle</b>	5 km or 7.7km	<b>Club Dinner-Wheely Good Pizza's on Traralgon Sth Oval - NON-POINTS RUN</b>	Desley	Rob Preston & Helen Whitby
26 Jan 2026	<b>Australia Day</b>				
29 Jan 2026	Chook Hill	6 km		Molly	Stephen McLeod & Stephen Renehan
1 Feb 2026	Kilcunda Running Festival				
5 Feb 2026	Derhams Lane - Morwell	6km		Greg	Jay McGown & Geoff Francis
12 Feb 2026	Clarks Road	6 km	Committee Meeting-TBC	Chris van Unen	Jye Kaestner & Tania Whitehead
19 Feb 2026	Toners Lane -Morwell	5 km	Club Dinner-Morwell Club		Paul Smith & Adrian Sutcliffe
26 Feb 2026	Wirlida Park -Tyers	6 km		Marieka	Marieka & Ree Graham
5 Mar 2026	LRH Hospital Run turn Right	6 km	<b>International Womens Day 08/03- Purple</b>		Committee - TBC
12 Mar 2026	Maryvale Pines	6 km		Dan Furmston	Ben Wilkinson & Ashley Marsh
15 Mar 2026 TBC	Martin Thompson Run - Boolarra	25km & 10 km		Tobi & Danelle	
19 Mar 2026	Yallourn North-TBC	5 km		Ron V	Samantha McGown & Michelle Sawyer
26 Mar 2026	Glengarry Rail Trail	6 km	<b>Glengarry Club Dinner</b>	Mark Landowne	Bailey Rollandin & Paul Rollandin
28 Mar 2026	Inverloch Running Festival				
2 Apr 2026	Tropical Track Night Tracks, Tropics & Terrible Shirts!	10 & 5 km	NON-POINTS RUN		Committee
3 Apr 2025	<b>Good Friday</b>				
5 Apr 2026	Run 4 The Kids		Easter Sunday		
11 Apr 2026	Run Tarra Bulga	42.3k, 25.4k, 6.8k, 2.5k			



*Left - Sav Mavrofridis continues to run some blitzing times on Thursday nights. This is a testament to his training and dedication to fun runs and other events. (Ed: I ran this picture last edition but for some reason it didn't come out in the final version)*

# Thursday Club Runs (please read)

## Run requirements and information

Please be sure to carefully read our standard run requirements and information on our website (please [click here](#)), which includes for the following:

- Season Rules
- Handicap Guidelines
- Duty Roster Requirements
- Course Marking
- Lucky Member Prize Draw
- Summer & Winter Championships Guidelines

## From the Harriers news desk

### September 11<sup>th</sup> 2025 – The Avenue – 5km

SIXTY-NINE Harriers and friends ventured out for the traditional Avenue 6km from Sanctuary Lake reserve in Traralgon's north-east quadrant. The course featured three laps of a two-kilometre course, ducking in and around Hammersmith Circuit, Morgan Drive, and Park Lane.

Harriers' veteran Liz Kenney was the fastest woman on the night, clocking in at 30:07. Next was Ree Graham (34:39), and Claire Macumber (35:32), with the returning-from-injury Cat Leonard not far behind.

Sav Mavrofridis ran two minutes clear of Ian Cornthwaite and Dempsey Podmore (both 23:53), with the ever-consistent Andrew Greenhill (24:24) closing in on the pair towards the finish.

### The Avenue Run/walk results:

Sav Mavrofridis 21:51, Ian Cornthwaite 23:53, Dempsey Podmore 23:53, Andrew Greenhill 24:24, David Barr 25:11, Stephen Renehan 25:44, Clinton Jolly 25:45, Ryan McLeod 25:50, Aaron More 26:02, Scott Syme 26:40, Belkey Podmore 27:25, Chris Van Unen 27:27, Seth Bomers 27:51, Adrian Sutcliffe 28:13, Shane Gavin 28:23, Jason Odium 28:30, Andrew Broberg 29:26, Trent Kooyman 29:55, Liz Kenney 30:07, Peter Sanders 30:30, Ron Verschuur 31:06, Gary Fox 31:06, David Hood 31:09, Stephen McLeod 31:46, Paul Rollandin 33:10, Mark Lansdown 33:57, Ree Graham 34:39, Claire Macumber 35:32, Phillip Mayer 35:50, Catherine Leonard 36:40, Ben Wilkinson 36:45, Jye Kaestner 37:14, Paul Smith 37:26, Ivy Crawford 38:20, Ash Crawford 38:20, Becky Nowak 38:56, Toby Grzmil 39:07, Luke Depellegrini 39:20, Daniel Symons 39:36, Tania Whitehead 39:56, Adam van Baalen 41:20, Yani Cornthwaite 41:28, Gab Browne 41:38, Kaye Livingstone 47:37, Anja Norwood 48:48, Chesney Podmore 51:38, Ann Bomers 53:16, Kristina Creighton 55:19, Tony Marino 58:48, Sep Marino 58:48, Belinda Heafield 59:53, Kathy Quinn 1:00:00, Michelle Colwell 1:00:00, Barry Higgins 1:01:40, Angelo Gaudiano 1:03:00, Nick Hodson 1:03:30, Kylee Earl 1:03:30, Sarah McKie 1:04:25, Nicky Semmler 1:04:25, Bob Bicket 1:09:25, Marieka Reilly NTR, Darren Fielden NTR, Ei Ei Phyu NTR, Vicky Atkins NTR, Desley Gray NTR, Clare Issell NTR, Arlo NTR, Lynda Jones NTR, Timothy Graham NTR

## **September 18<sup>th</sup> 2025 – St Pauls AG – 6km**

ON Thursday September 18, the weekly Harriers run shifted to St Paul's Anglican Grammar School in Traralgon; a five-kilometre course taking in the block of Riverslea Boulevard and Independent Way. This run features a steady little climb to keep everyone interested and hill-fit for the looming summer series.

Mavrofridis was once again well clear of the pack behind time, finishing in 17:58. The duo of Dempsey Podmore and Ian Cornthwaite followed, with debutant Jack Warr (21:30) marking an impressive first run with the Harriers. Fellow new runner James Parsons also enjoyed an excellent debut.

The returning Karen Graham (23:14) was the fastest woman, with Liz Kenney and Kristine Sapkin in arrears. Shay Lorenz and Shane Wilson enjoyed a leisurely stroll together, with Wilson recovering from his impressive performance in the 100km at the Surf Coast Century around Anglesea, Aireys Inlet, and Torquay the weekend prior.

For this coming Thursday, your favourite runners move to Morwell for the Waterhole Creek 6km, starting from outside Morwell Park Primary School. Not only is it the second-last run of the winter season, but there is a club dinner afterwards to celebrate members' ongoing achievements and broader sense of club and community spirit.

### **St Pauls AG Run/walk results:**

Sav Mavrofridis 17:58, Dempsey Podmore 18:49, Ian Cornthwaite 19:58, Jack Warr 21:30, Ryan McLeod 21:33, Aaron More 21:39, Peter Sanders 21:41, Chris Van Unen 21:59, Adrian Sutcliffe 22:15, Andrew Broberg 22:24, Belkey Podmore 23:06, Yani Cornthwaite 23:08, Trent Kooyman 23:12, Karen Graham 23:14, Darrel Cross 23:15, Ron Verschuur 23:29, Clinton Jolly 23:46, Gary Fox 25:00, Liz Kenney 25:02, Stephen Mcleod 25:13, David Hood 26:37, Mark Lansdown 26:46, Rebecca Anderson 27:00, Paul Rollandin 27:04, Jye Kaestner 27:44, James Parsons 28:24, Kristine Sapkin 28:27, Ree Graham 28:31, Michelle Sawyer 28:40, Phillip Mayer 28:52, Claire Macumber 30:27, Paul Smith 31:13, Lee Graham 31:33, Desley Gray 31:37, Marieka Reilly 31:37, Toby Grzmil 32:20, Jack Waddell 32:27, Collette Hofmann 32:27, Alfie Warner 33:11, Tania Whitehead 33:52, Daniel Symons 34:32, Audrina Byrne 38:00, Barry Higgins 40:52, Lynda Jones 41:34, Des Dalton 43:48, Tony Marino 46:12, Belinda Heafield 49:20, Nicky Semmler 54:22, Sarah McKie 54:22, Michelle Colwell 1:00:00, Danelle Wright NTR, Ian Heafield NTR, Shane Wilson NTR, Shay Lorenz NTR, Linda Buhagiar NTR, Angelo Gaudiano NTR, Kat Kent NTR, Nick Hodson NTR, Kylee Earl NTR

## **September 20<sup>th</sup> 2025 - Tan Relays**

After ten ebullient and erudite rounds of tough cross-country and road racing, the AV XCR season for 2025 concluded on the weekend with the traditional Tan Relays. The shortest race of the season around the famous Tan Track at the Royal Botanic Gardens is always an exigent challenge for our hardened racers. While both promotion and relegation were out of the question for the Harriers' teams, there was plenty to race for on Saturday morning.

The Division 3 men's team was a bit beaten up, with Corey Milner out with the flu, Miles Verschuur heavily afflicted by it, and Ed Wilson earning a little niggle during the race, things did not pan out in the most ideal fashion. Nevertheless, young luminary Dempsey Podmore capped off an extraordinary season of racing to whip around his opening lap in 12:17. Sav Mavrofridis also impressed with 12:40.



Division 5 was ably led out by happy Geelong supporter Andrew Greenhill, alongside Marty Lynch, Clinton Jolly, and Belkey Podmore who finished seventh on the day. Division 7 was full of experience in the now-injury free Ian Twite, Gary Fox, and Ron Verschuur.

Division 2 women featured Melbourne Marathon-bound Molly Fitzgerald (14:29), Sarah Lewis (14:41), Yani Cornthwaite and Kate Jones, finishing in eighth. Ree Graham, Mel Jones, and Anna Cardillo, three of the most hard-working runners all season had a ball in the Division 3 team.



At the conclusion of racing, Ian Cornthwaite (pictured above) was awarded the Ian Upton Medal for winning the 60+ Men's age category, the third time in four years. Dempsey Podmore and Corey Milner both finished third in their respective categories. The Division 2 women's team finished fourth on the ladder, the highest placing of any team. The final Golden T's were awarded to Clinton Jolly for bringing along the marquee on time, and to Randella Barnes for completing the Harriers duty at every event this season. It is now not long to Round 1; there has never been a better time to join this friendly running club.

#### **Tan Relays results:**

##### **Female Open**

4x3.83km: (Sarah Lewis: 14:41, Kate Jones: 16:53, Molly FitzGerald: 14:29, Yani Cornthwaite: 16:47) 1:02:50; (Anna Cardillo: 18:58, Melissa Jones: 19:07, Maree Graham: 20:43) 58:48.

##### **Male Open**

5x3.83km: (Dempsey Podmore: 12:17, Edward Wilson: 16:00, Ian Cornthwaite: 14:36, Miles Verschuur: 16:30, Sav Mavrofridis: 12:40) 1:12:03.

4x3.83km: (Andrew Greenhill: 14:42, Belkey Podmore: 17:16, Martin Lynch: 14:40, Clinton Jolly: 15:39) 1:02:17; (Ian Twite: 19:54, Gary Fox: 17:54, Ron Verschuur: 17:41) 55:29.

**Volunteers:** Randella Barnes, Stacey Podmore.

**Miles Verschuur**

## *The Jan Relays in pictures...*



*Above – Dempsey Podmore going stride for stride with an oddly fashioned spots and stripes fellow*

*Right – Andrew Greenhill leads out the Div 5 team*







*Above – Kate Jones floating on air*

*Right – Ree Graham enjoying another successful season of AV XCR*





*Above – Sarah Lewis on her way to banking a very solid opening leg for Div 2, beating all bar three of the boys in the process.*

*Right – Welcome back to Ed Wilson after missing much of the season with illness*





## The Traralgon Harriers AV XCR Season: In Statistics

With the XCR season now finished, I thought it would be the perfect time to dive into the plethora of statistics that AV provide at their quite helpful 'ResultsHub' website: <https://athsvic.resultshub.com.au/>

Here they are:

- **10** rounds
- **7** individual races
- **3** relays
- **4** cross-country events
- **5** road events
- **1** Tan Relays
- **30** individual runners (**18** men and **12** women)
- **2** junior runners
- **6** debutants
- **7** running families
- **1** age group category gold
- **2** age group category bronzes
- **21** medals (**5** gold, **9** silver, **7** bronze)
- **1,392.9** total kilometres run combined
- Or **3482.25** laps of Joe Carmody Athletics Track
- Or **0.36%** of the way to the moon
- **4** bus trips
- **3** bus drivers
- **4** trips over the West Gate Bridge (and back)
- **3** volunteers (thank-you)
- **20** golden boots awarded
- **24<sup>th</sup>** the highest open category placing (Sarah Lewis at Burnley)
- **63,770** kilometres travelled
- **5** runners completed every round
- The team is made up of people from **20** different locations
- Fun had: immeasurable



*Above – Ron Verschuur was a runner, part of a running family, a regular AV participant AND one of our bus drivers to name but a few of the category boxes that he ticked this season.*

## Why it can become an uphill battle to stay injury free as you get older

There is a saying in running circles if you want to improve your running technique, then do hill reps. The reason being nothing builds strong glute muscles like hill reps. While the hamstrings and knee joints do all the work while running the glutes provide stability and balance. The more you run with poor stability and balance the more likely you are to get injured. It is as simple as that.

The older you get the harder it becomes to maintain the muscle mass in the glutes to maintain good stability and balance. That is why a lot of running injuries are called Old Man Injuries. I have avoided Old Man Injuries for the last twelve years by following these basic principles to keep the glutes strong and maintain good stability and balance. Always warm up with a good workout of drills, avoid running on bitumen and concrete as much as possible and run a good volume of races that are good for building and maintaining good glute strength.

Unfortunately, this didn't happen in April this year. I missed two great races for building strong glutes and maintaining good stability and balance in the Tarra Bulga 25km Trail Run and the Springwood Trophy 8km Cross-Country at the Crinigan Road reserve. Instead, I spent a lot of time travelling between Traralgon and Sydney and a lot of time running on bitumen and concrete. The result was an Old Man Running injury, Bursitis of the knee.

When you look up Bursitis of the knee the cause is poor running form and is common in long distance runners once they reach 40 – 50 years of age. So, I had done well to avoid it until 69. My reaction was to immediately race as many of the A.V. Winter Cross – Countries as possible to improve my glute strength and as a result improve my stability and balance. Although my knee was very sore at the first Cross – Country it got better after each race. By the time I completed the Jell's Park 6km Cross – Country my Bursitis was almost completely gone.

I then spent two weeks on the Gold Coast travelling around and preparing for the Gold Coast Marathon. After two weeks of doing mostly easy training runs on hard concrete, I felt my bursitis coming back. Clearly at my age I need to do a lot more work on my glute strength than just easy training runs on concrete. I decided there wasn't much I could do with the Marathon a week away. I decided to drop back to the Half and try and run it at a pace that wouldn't flare up my bursitis too much. Easier said than done in a race with a field of over 10,000 runners.

So, I went too hard and just over a kilometer from the finish I blew a calf Muscle on the same leg as my sore knee. I then had to do the slow walk of shame to the finish line. Now I had two Old Man Injuries to rehab. A sore knee and a sore calf all on the same leg.

It took nearly three weeks to get back to running freely and in my usual routine of doing drills and running on the Glengarry Rail Trail everything seemed to be recovering quickly. With 6 weeks until the rescheduling of the 6 Foot Track Marathon I thought I would up the ante and see if I could get fit enough to have a crack at it. A week after increasing my running workload I developed the dreaded ITB syndrome on the same knee as I had the Bursitis.

ITB syndrome is another Old Man Injury caused by poor running form. Clearly, I needed to do a lot more glute strength work. The problem is racing is the best strength builder, and I was now faced with another two to three weeks before I could even get back to running again. ITB syndrome is the worst injury - once the ITB becomes inflamed on the bony bit at the side of the knee it takes weeks for the inflammation to settle before you can even start to run again.



I tried walking the first two days but got frustrated as this was not improving my glute strength, so I went back to doing some drills and running slowly. After two days I gave up as the ITB syndrome just got worse. Then I wondered if I could do some hill reps even walking them would be better than nothing. I went to a place on the Morwell/Traralgon walking trail where I would do 10 x 100m Hill Sprints during the Xmas break of the summer track season.

The good thing about hill reps is you are working the glutes, going uphill and then going back down. Uphill improves your strength while downhill improves your stability and balance. Even walking hill reps has some benefit for your glutes. After walking a couple uphill and then a couple downhill I noticed how much better my knee felt when walking uphill compared to on the flat or walking downhill. I thought I would try and run up hill slowly. I was surprised at how much the glutes engaged and took the load of my knee as I did a slow 100m hill rep.

After a week of constant pain in my knee whenever I did anything running related it was great to finally do something where I felt no pain in my knee. It should be noted that running is hard on the knee joint, so it does not make sense to make it harder by having weak glutes and poor running form. I did 10 x 100m reps that day and the same the next day but this time my uphill Hill reps felt faster and easier, but I still walked down. The next day I ran my 10 x 100m uphill faster again and my 10 x 100m downhill slowly. I was surprised at how quickly my running had improved and how much more I could load up my knee without it hurting.

My Hill Reps were now at an intensity where I needed a couple of easy days out at Glengarry to allow the muscles to recover. After two weeks of doing Hill Reps every third day my ITB Syndrome had almost fully disappeared. I was impressed as it is usually two weeks complete rest with this injury before any running can be resumed. The thing about running sore and injured all the time is you do not know how bad your running has become until you take action to improve your running by improving your glute strength. Then you realize that all those injuries and sore spots were caused by weak glutes as they all clear up quickly as your glutes get stronger.

The third week I continued with the same process but now focused on my drill session. Because I had been carrying so many injuries and sore spots the quality of my drill session had dropped off and there was a number I had stopped doing altogether. Now that the body felt so much better it was time to improve the quality of my drill session and reinstate the ones I had stopped doing. At the end of the third week my Hill reps were now at three quarter pace, with the long-term plan to eventually turn them into Hill Sprints.

There was one drill still worrying me and until I could do that one better there would be no attempt at Hill Sprints. At the end of every drill session, I would do 4 x 20m sprints. I called them Usain Bolt run throughs because when the Glutes are strong and firing that is who I thought I felt like. You would feel like you were flying as your feet would hardly touch the ground. After Four bad months of running I now felt more like a Sumo Wrestler trying to sprint than Usain Bolt.

In the fourth week of Hill Reps my focus was on improving the intensity of my drills and instead of increasing the intensity of my hill Reps I did 20 uphill and 20 downhill per session (4km of hill reps). At the start of the Fifth week of Hill Reps while warming up I noticed how much stronger I now felt in my drill session. I also noticed I now felt more like Usain Bolt than a Sumo Wrestler when doing my 20m sprints. It was time to try 10 x 100m Hill Sprints.

I was a bit nervous at first about breaking down with another injury but after the first couple of Hill Sprints my confidence grew. It felt so good to be able to throw everything I had into each Hill Sprint and try to get to the top as fast as I could. There were many times over the last four months that I had

wondered whether I would ever get the strength or confidence back in my body to be able to do Hill Sprints again. I just felt like at times I was now too old for running and it would always be a constant uphill battle trying to stay injury free. Certainly, never has a statement been truer. Yes, I am now constantly running uphill to stay injury free. I am not complaining though because as a result I was now smashing out Hill Sprints again and loving it.

Now it was time to think about getting back into racing consistently. Three environmental conditions that encourage the glutes to engage and hopefully work hard and get stronger are **Speed, Hills** and **Soft, Uneven Ground**. The AV series of races consistently produces the environment and the type of races that will have you working hard and hopefully building strong glutes. I didn't have to look far for my first race back after another long break with injuries. The Tan Relays with the challenge of running a lap of the Iconic Tan as fast as you can seemed a good first up choice. My hope for this race was that my running would continue to improve and feel good like it has since I started doing hill reps six weeks ago.

My wish came true and apart from this tough short race exposing my lack of fitness I was happy with how the body felt and even happier with how it pulled up after. Hopefully I ran fast enough to give the glutes a good workout and continue the process of becoming injury free again.

What I have learnt from the 4-month injury cycle I was stuck in. "I will always strive to do Four Peaks and race as many Hilly Trail runs as possible. I will still also strive to race as much of the Summer Track season and Winter Cross Country season as possible. My number one workout though will be Hill Reps or Hill Sprints. "



Twitey

## From Walks Around the Block to Ultra Runner

When I first laced up a pair of running shoes, it wasn't for myself, it was for my wife. She loved staying active and running, and as any good husband does, I wanted to be part of something that brought her joy. At the time, my "running" looked more like little walks around the block, or gentle strolls around the local pond, or a quick warm up on the treadmill at the gym. Slowly, though, those small steps turned into something more. To keep up the momentum we started showing up regularly at the Churchill parkrun and that's where the spark of my running journey really began to take hold.

Each Saturday morning I wanted to better myself at parkrun, so it became more than just a casual jog, it became a test. Could I run faster than last week? Could I close the gap on the people ahead of me? I began chasing those runners, committing to match their pace, to learn from them, and to push myself. Slowly but surely, the gap closed. I was running alongside the very people I used to watch from behind. That pursuit of progress lit a fire in me, and it wasn't long before I took the next step. Again following my wife's lead, I joined a long-standing and prestigious club with its own proud history, the Traralgon Harriers.



Being part of the Harriers opened new doors. Surrounded by runners who encouraged and inspired me, I began entering races - at first smaller distances, just for fun, but always with that competitive spark in the back of my mind. At first, it was still about others, trying to keep pace, trying to hold on. But somewhere along the way, I learned one of running's greatest lessons, it isn't about chasing someone else. It's about running your own race.

That realization challenged me to ask a bigger question: what else can I do? I found myself drawn to the trails, to the freedom of running through the bush. Then came an unexpected message from a friend I hadn't heard from in years who reached out with an invitation: *"Want to be part of my team of four to run a 100km race at the Surf Coast Ultra Marathon in 2024?"*

### Finding Strength in a Team

A team was formed. Alongside fellow Harrier Desley Gray, someone whose own running journey inspired me deeply. I then found myself training with renewed purpose. The team's commitment pushed me to take my own training more seriously. Desley and I entered races together - Tarra Bulga, Two Bays, King & Queen of the Mountain and other Harriers races that popped up in the calendar. This tested me in the weekly runs, and built the consistency I needed to prepare for the team's Surf Coast Century race. It wasn't just about logging kilometres anymore, it was about sharpening ourselves, pushing our limits, and honouring the commitment we had made to our team.

September 2024 race day arrived, and I was given the third leg — 27 kilometres of hills, climbs, and rugged terrain. I went in with more ego than preparation, convincing myself: *"I'll be right. I can do this. Running's not that hard."* But the trails had other plans.

By the 22km mark, my body began to shut down. My ankles ached, my knee gave way and I could barely put any weight on it and every step reminded me that my training hadn't been enough. Those last 5km turned into a hobble; a painful, grinding lesson in humility. The course was unforgiving, and my body made it clear I wasn't prepared, and now I had to pay the price.

Despite my struggles, our team pulled through. Desley stormed home on the final leg, and together we crossed the finish line exhausted, sore, but united in something bigger than ourselves. Caught up in the adrenaline, I asked: *"Who wants to do the 100 next year?"* Desley hesitated, but another teammate immediately said yes. And just like that, a new plan was born. I hadn't finished my own leg the way I wanted to, but the fire was lit. I was ready to commit to the full 100.

### From Ego to a plan

After Surf Coast, I knew something had to change. I started listening to seasoned runners who advised, build consistency, respect recovery, add strength work. For months, I focused on the basics showing up for regular runs, balancing hard days with easier ones, and becoming smarter with training.

Finally, I reached out to Isabel Ross, a coach recommended by another Harrier, Megan Scott. From the very first session, I realised this was going to be different. Isabel didn't sugarcoat it. *"Stop running too fast. Stop running inconsistently. Stop smashing yourself in the gym. Eat properly. Sleep better. Respect the rest days."* It was brutal, but exactly what I needed - a proper plan from someone who knew how to get me ready for the 100.

At first, short runs, sprints, and tempo sessions felt meaningless. But with regular check-ins and adherence to the plan, I started seeing results. Recovery became easier, my pace improved, and I could handle the infamous long weekend runs 10km, 15km, 25km. I built steadily, preparing my body for the challenges ahead and set temporary goals along the way to give me markers to test progress and build confidence.

My first test point was in April 2025 - Run Tarra-Bulga - 42 kilometres of hills with over 1800 metres of elevation gain. With the 100k in September looming, this was the perfect test. I lined up with fellow harriers, Dave Mann, Dave Barr, Clinton Jolly & past member Mark Rossiter and finished 24th out of 55 with a time of 5:10hrs, and for the first time, recovery wasn't excruciating. My body responded to training properly, a stark contrast to the Surf Coast team leg the year prior, I even had someone ask *"did you just complete the 42km?"* clearly I didn't look exhausted enough for them.

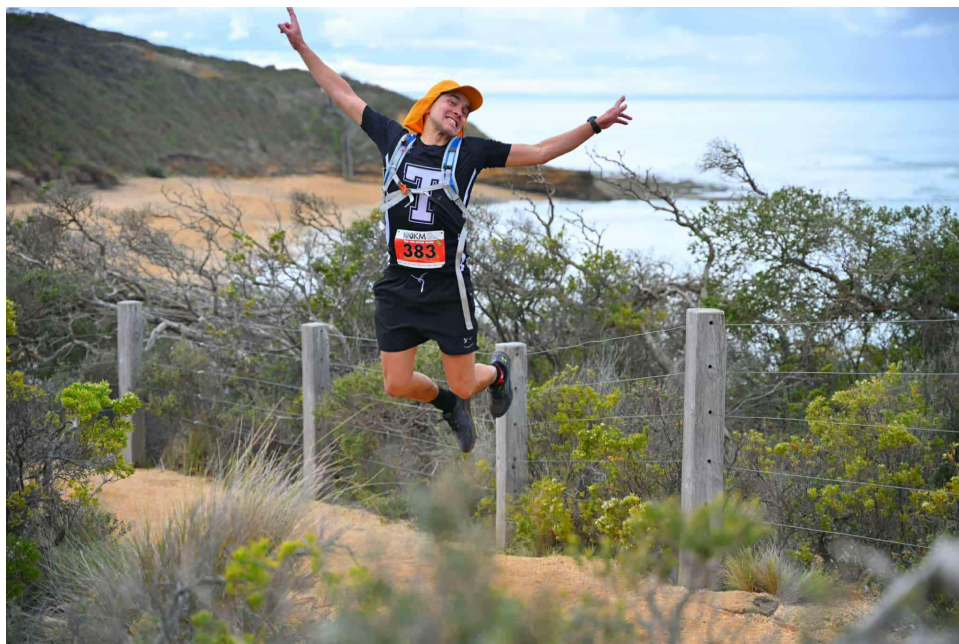
My second test point was my first flat road marathon, the Traralgon Harriers marathon in June 2025. My goal was to chase a sub-four hours. I went out fast, felt strong in the first half, struggled mentally and physically after 21km, but pushed through. I could feel my body slowing down and knew I had to stay consistent as I chased the four-hour pacer. I crossed the line 36th out of 97 in 3:57 hrs, I collapsed, exhausted but exhilarated. It was proof that structured training and perseverance could turn goals into reality.

### 100 Kilometres of Mind and Body

Finally September 2025, the big day arrived. With a meticulous fuelling plan and family support, I tackled 100km. Step by step, quarter by quarter, I adhered to my coach's advice: *keep moving and keep eating*. I went out strong - 3hrs to complete the first quarter, then 3.30hrs to complete the 2<sup>nd</sup> quarter, by the 50km



mark I was in a mixed mindset, thinking that 50km classes as a Ultra and I could easily finish and be proud of my efforts. However it was when my daughter asked, *"Hey Dad are you having fun out there?"* I shifted my thoughts as I told my daughter, *"Fun isn't the word I would use to describe this race, but The race begins now."* A solid bit of advice I had received at the start of the race from Megan Scott. The pain and fatigue remained, but mentally I was ready to "start the race" and this really pushed me forward.



The third quarter tested me on trails I had previously failed, same time 12 months earlier my knee gave way and I hobbled over the line, but this time was different. I was prepared and I knew what was coming, the rocks, roots, mud, and steep climbs. Slow and steady became my mantra. I kept moving one foot in front of the other, fuelled by family cheers and the encouragement of fellow runners.

The last 24km quarter was gruelling, in my mind I said I can finish this half marathon in 2:30hrs, however my body was screaming, every step hurt, fuelling was a challenge, I did not want another gel or cliff bar and then the darkness added another layer of difficulty. It was the encouragement from strangers, the sight of my family, and the simple mantra *slow and steady* kept me moving. A tiny possum on the trail even lifted my spirits, a reminder that small moments can carry you through immense challenges.

With 5km to go, strangers cheered me on: *"You're almost home! You're an ultra runner!"* I told myself 5km is a parkrun, I can smash that out in 25 minutes, lets go. However the body was not where my mind was, it reminded me what 95km of exhaustion feels like so I shifted between jogging, shuffling, and walking. Then I could hear the finish line, the music, the cheers for the runners ahead of me finishing and I knew my family were there waiting for me to finish. This gave me a final surge of energy. I messaged Shay "hey babe I'm 2km out" and I started jogging, which then turned into running and all of a sudden the pain went away. I crossed the line with a smile on my face and I jumped for the camera one last time, a habit I formed for the parkrun photographer and embraced my wife and kids. Exhausted, overwhelmed, and almost in tears, I had done it.

It was proof that the mind is a powerful thing especially when my body wanted me to quit, when my mind was playing tricks on me saying I was done I remembered that with the right support, the proper plan, and relentless perseverance, something that seemed impossible became achievable as quitting was never going to be an option for me.

## Gratitude and Reflection

This journey wouldn't have been possible without so many incredible people. The parkrun community, the Traralgon Harriers, the kudos on Strava, Desley Gray, Megan Scott, my coach Isabel Ross, and of course my family - your encouragement, honesty, and support made every kilometre possible.



To anyone considering a challenge like this I say do it. Find the right environment, surround yourself with the right people, put a plan in place, and make it happen. Make mistakes, learn, and keep moving forward. For me, this journey wasn't just about finishing a race it was about proving that goals can be achieved with dedication, mindset, and support.

I can now proudly call myself an ultra-runner thank you for supporting me on this incredible journey.



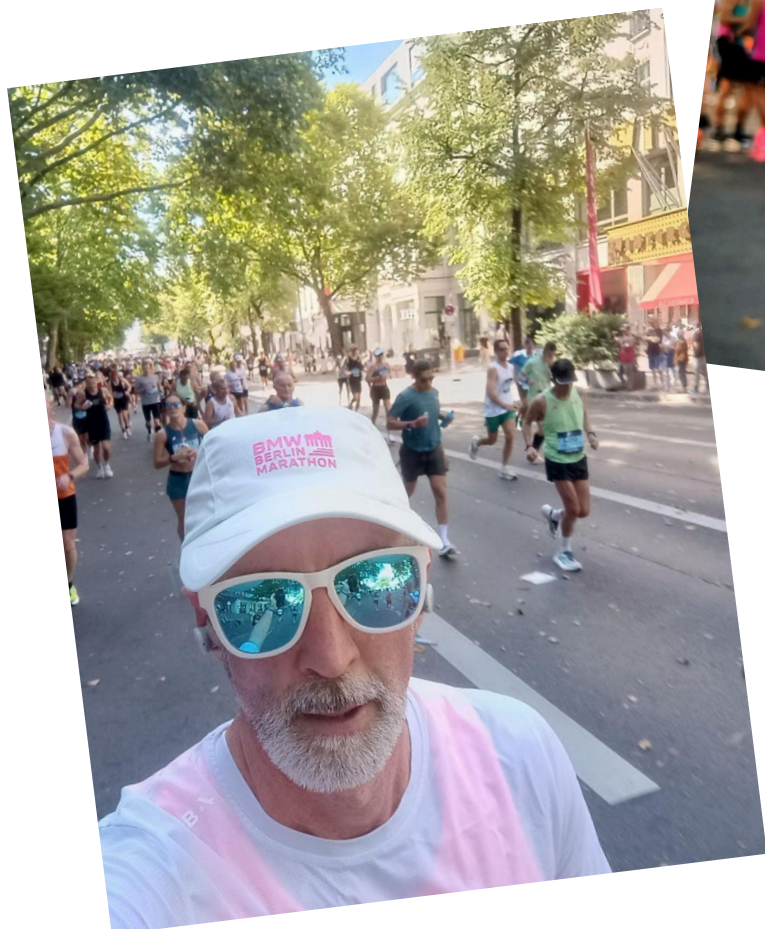
**Shane Wilson**





## Berlin Marathon

Last weekend, club member & seasoned marathoner, Steve Renehan, was on the other side of the world in Germany pounding the pavement in the 2025 Berlin Marathon. In very warm conditions, Steve crossed the line in a time of 3:33:37. Kenya's Sebastian Sawe was hoping to break the world record, but whilst falling short, still came away with the outright win on the day. Meanwhile, Richard Ogilvie stopped the clock at 2:47:12.





# Training Opportunities

## TRARALGON TUESDAY RUNNING GROUP

6.00pm – 7.30pm

Meet at the Traralgon Little Athletics Oval (Harold Preston Reserve, on Davidson Street)

<https://www.facebook.com/groups/430667753767380/>

Sessions typically consist of a 2km warm-up jog, then a series of run-throughs / intervals ranging from 100 to 800m, punctuated by recovery jogs.

Sessions change each week for some variety — Typically between 7-10km.

**During summer** we run on a grass athletics track; easier to sit out for sections or take it at your own pace.

**During winter** we run on roads / pavement around Traralgon. Winter running sees us frequent the former ASIC building (Wright Street) for the bulk of the session. This way the group is easy to find, allows people to participate at their own pace for some or all of the sessions. Winter sessions may run-out as far as Gippsland Regional Aquatics Centre (GRAC), Traralgon Rec Reserve or Bradman Boulevard Oval.

A varied group of runners, ages, abilities and reasons for running.

There is no cost to attend TTRG.

TTRG is a welcoming running group which was started over 20 years ago by Harriers members.





## About the Group

T Squad Running provides an inclusive environment for individuals of all ages and abilities, ranging from children (12 years old) to older adults, focusing on Road, Track, and Trail running.

### Saturday Morning Group Sessions - \$10 Per Session

What's Included:

- Specific dynamic drills and warm-up
- Structured running session
- Approximate duration: 60-70 minutes
- Post-session group catch-up

(Cash or Bank Transfer)

### One-on-One Coaching

\$40 per Month for Traralgon Harriers Members

\$50 per Month for Non-Harriers Members

What's Included:

- All features of the Saturday Morning Group Sessions
- Personalised weekly training program tailored to individual goals
- Personalised strength program designed for endurance running
- Event-specific programs and race strategies
- Access to Coach Greg for questions and feedback on your program and running

(Cash or Bank Transfer accepted)

### Ready to Run?

For more information or to sign up, please contact **Greg at 0400 742 806.**



## Upcoming Events

[GEOFFWATTRUN.COM.AU](http://GEOFFWATTRUN.COM.AU) | [FACEBOOK.COM/GEOFFWATTRUN](https://FACEBOOK.COM/GEOFFWATTRUN)

 **GEOFF WATT MEMORIAL  
FUN RUN & FESTIVAL**  
**26.10.25**



**ZAMBRERO  
FANCY DRESS  
SPOT PRIZES**

**active feet  
YOUNG  
ACHIEVEMENT  
AWARDS**

PARTICIPANTS RECEIVE MEDAL, GIFT  
& \$50 ACTIVE FEET VOUCHER

**GEOFF WATT MEMORIAL ATHLETICS TRACK  
BURKE STREET, WARRAGUL**

**EVENT TIMES 9AM - L&F EYECARE GEOFF WATT HALF MARATHON**  
**9.50AM - WARRAGUL DOWNTOWNER 10K - JAYCO 5KM**  
**10.00AM WARRAGUL COUNTRY CLUB 2.5KM WALK/RUN**  
**10.30 - 11.25AM JUNIOR ATHS CLINIC (RUN, JUMPS, THROW)**  
**11.30AM APERLOOS BAKERY 400M 12.15PM PRESENTATIONS**



**FOOD & WINE  
FESTIVAL**      **LIVE  
MUSIC**      **FAMILY  
ENTERTAINMENT**      **VINTAGE  
CARS**





With over 600 participants last year, don't wait until October to enter!

Head to [4peaks.com.au](https://www.4peaks.com.au) for event information, and enter via the Entry portal at <https://www.4peaks.com.au/enter>.

If you have not challenged yourself in Bright yet, then this is what you need to prepare for:

Saturday 1st Nov- Mount Buffalo 10.6km, 1360m vert

Sunday 2nd Nov- Mount Feathertop, 12km, 1652m vert

Monday 4th Nov- Mt Hotham, 15km, 1867m vert

Tuesday 5th Nov- Mystic Hill, 13km, 800m vert

Tuesday 5<sup>th</sup> Nov- 2km kids run at Nightingales Alpine Produce Farm

Enter 1 day or enter all 4 mountains.

Book your accommodation early and bring the family. Bright is an amazing place to visit in spring with lots of activities to keep the whole family entertained. There have been lots of Harriers competing in this event in recent years and we can't wait to share the Melbourne Cup long weekend with you all.

Rob and Kathryn Preston